

Oliver's Vegetarian

Dish Veggie Enchiladas

Veggie Enchiladas

Prep Time: 40 min

Cook Time: 25 min

Total Time: 1 hour 5 minutes

Proportion: 8

Ingredients

- 1–2 tablespoons olive oil
- 1 onion diced
- 4 garlic cloves, rough chopped
- 1 red pepper diced
- 1 small courgette, diced small
- 1/2 teaspoon salt
- 1 small can of corn, (about 1 cup)
- 1 teaspoon cumin



- 1 teaspoon coriander
- 1 teaspoon dried oregano
- 1 can black beans rinsed, drained
- 1/4 cup chopped coriander (optional)
- 2 cups homemade salsa sauce (or store-bought)
- 8 x 8-inch whole wheat wraps
- 2 cups grated cheese (or Mozzarella)
- Garnishes: sour cream, avocado and hot sauce.

Instructions

- Preheat oven to 200 C
- **Make the filling:** Heat oil in a large skillet over medium-high heat. Add onion and stir 2-3 minutes until fragrant. Lower heat to medium add red pepper, courgette, garlic and salt.
- Sauté this until courgettes and peppers are tender about 7-9 minutes. If mixture gets dry,



add a splash of water, lower heat and cover and gently steam until courgettes are fork-tender. Fold in the corn and cumin, coriander and oregano.

- Sauté 3 more minutes. Remove from heat. Add the black beans, taste for salt, adding more if you like.

Instructions

- **Grease a 22 x 33 cm** baking dish. Pour 1/2 cup of the salsa sauce and spreading around so the bottom of the pan is nicely coated.
- **Assemble your Enchiladas:** Place 1/2 cup filling down the centre of the tortilla add 2-3 tablespoons grated cheese over top and wrap it



up tightly. Place enchilada seam side down over the sauce. Repeat with the remaining 7 tortillas nestling them side by side. Pour the remaining salsa sauce over the enchiladas, leaving the

edges exposed if you like (for crispy edges).

Sprinkle with remaining cup of cheese.

- Place in the hot oven, foiled for 20 minutes then uncover for the last 6-10 minutes until cheese is nice and melty. Let stand 10-15 minutes before serving.
- Serve with sour cream, avocado and hot sauce.

ENJOY!

